

# About Loss and Grief

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Fact Sheet 1

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**'There is no easy way around grief. It is a natural response to the loss of someone special or something of value to us...'**

The words death and grief often go together. But we need to think in terms of loss and grief - we can grieve when a marriage or relationship breaks up, when we lose our job, when we are diagnosed with a health issue, when we move house, when dementia changes a person we once knew...the list of losses is almost endless.

Grief is about more than tears and sadness. It affects us on four different levels - our feelings, thoughts, behaviors and physical wellness.

If you can imagine that life is like a jigsaw puzzle, made up of all kinds of pieces - family plans, hopes, hobbies, work, home, friends, and possessions - all these are significant to you and make you feel complete. When a loss occurs not only have you lost a significant piece of your puzzle, but all the other pieces don't fit together as they used to. When people are grieving they are making a protest about that missing piece, that gap in their lives...and the process of grief is really about all the work you have to do to rebuild your life and adapt to the changes which death or loss have created.

Remember too, that there is no set pattern to follow when you're grieving. Even members of the same family will often grieve quite differently over the loss of the same family member. There are many reasons for this but one which is significant is that we grieve over the relationship that has ended and its special features and memories - and these are usually quite different for each individual.

Grief is also for children. Like adults, children will react to the news of death individually, perhaps with unexpected responses. The child may say it's not true or lash out physically or verbally. Wanting to be left alone or being curious and full of questions may be more common for some children than sadness. It is not necessary for adults to hide their tears from children of any age - your grief will show them that they need not be ashamed or scared to express their own. By doing this, they will not carry unresolved childhood losses into their adult lives, nor will they learn unhelpful ways of coping with grief such as masking their feelings or believing that they must bear their hurt, confusion, questions, anger or fear silently.

For more information read

*Now That The Funeral Is Over - Understanding the Effects of Grief*



This Fact Sheet is written and produced by Doris Zagdanski.

Doris is the author of seven titles on the subject of grief, all available for purchase at [www.allaboutgrief.com](http://www.allaboutgrief.com)

Doris Zagdanski is well known as a writer, trainer and educator on the topic of grief. She communicates in a down to earth style and speaks from the heart. Whilst her professional career is currently in the funeral industry, she is a regular guest speaker and presenter to those who work with grieving people.